Ottawa metro

Your essential daily news | TUESDAY, MAY 23, 2017 | High 21°C/Low 11°C Mostly cloudy

WHAT CANADA CAN LEARN FROM EUROPE'S TOP CYCLING CITIES
metroCITIES

HOW SENS CAN WIN
Ottawa fought its way out of a tough spot against the Rangers — and can do the same against the Pens, writes Murray Pam
metroSPORTS
CECI
5
Reebok
Bell

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

OC Transpo ridership has stalled

TRANSPORTATION

Numbers peaked in 2011 and have seen gradual decline

Ryan Tumilty
Metro | Ottawa

OC Transpo ridership has remained virtually unchanged over the last two years, as the service continues to sit in a lull.

The agency last released numbers in 2014, showing approximately 97.1 million riders that year, but more recent numbers Metro obtained show that in 2015 there was a small decline to roughly 96.5 million, with about the same in 2016.

Pat Scrimgeour, OC Transpo's director of customer systems and planning, said on the scale of a year's worth of trips the decline could be little more than a rounding error.

"I can't promise you that our ridership counting and estimation process is precise enough to say that is a reduction. We've been pretty close to stable."

He said a difference of just 500,000 trips over three years can be caused by outside factors like weather or the number of workdays in a given year.

OC Transpo ridership peaked in 2011 with approximately 103 million riders per year, but the service has seen gradual declines since then. Scrimegeour said outside factors tend to have more influence.

Exempting 2008 and 2009, when a strike dramatically drove down ridership, the last time ridership was this low was 2007, when there were 95.6 million riders.

"We're an outfall of the economy, so we don't predict what the local economy is going to do."

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metro NEWS

Your essential daily news

Justice Abella's speech takes aim at words and action of American president. **Canada**

Playground of totem poles raises concern

UNIVERSITY OF OTTAWA

Falling short on diversity

Ryan Tumilty
Metro | Ottawa

A spokesperson for the University of Ottawa said it's doing all it can to diversify research chairs, but a professor who once held one of the coveted positions said the school's problems run deep.

The federal government pledged earlier this month to prevent schools that don't meet diversity targets — including women, visible minorities and Indigenous people — from applying for future chair positions.

Recent data showed the University of Ottawa is missing all of those targets, but Isabelle Mailloux Pulkinghorn said the school has made real progress.

"We're confident that the next time the chairs program collects this data, our numbers will show this progress."

She said the school does open-advertising, has diverse hiring committees and is making every step it can to diversify.

Amir Attaran, a University of Ottawa professor who recently held a research chair and is now suing the university for discrimination, disagrees.

"This is a university that went backwards on equity not forwards," he said.

Attaran said the school has written into its policies that it's a bi-cultural institution, which he believes is a mistake. He said promoting the school as a bilingual institution is laudable, but it should be multicultural.

"I like bilingualism. It's biculturalism, which is racist."

INDIGENOUS

Installation's design deemed to be culturally insensitive

Alex Abdelwahab
Metro | Ottawa

As families took advantage of one of the first hot days of the year to play outside, an online discussion erupted over the newly constructed playground at Mooney's Bay.

Photos of the Giver 150 playground and its multi-coloured totem poles caused a heated discussion on Twitter that included Ottawa's mayor over whether the playground was culturally insensitive to members of Indigenous communities.

The Canada-themed playground was built for the 150th with 10 play structures representing regions of the country. The totem poles represent British Columbia.

Among the concerns, commenters said the park didn't accurately portray First Nations culture, perpetuated colonialism and reinforced stereotypes of Indigenous people.

"Making cartoon caricatures out of sacred symbols is in pretty poor taste," wrote Twitter user Margie Barkley.

Others asked why there were no consultations with Indigenous people over the design.

Addressing the concerns, Mayor Jim Watson wrote: "The people who love it are the thousands of kids who have been playing on it for weeks! Glad we said no to naysayers and accepted this gift!"

The city paid about $960,000, roughly half the cost of the project, splitting it with Toronto production company Sinking Ship Entertainment Inc (SSP), who filmed the construction as part of a TVO series.

According to the project agreement, "control with respect to all creative matters connected with the project shall remain with SSP."

The park also caused controversy last summer, when several groups raised concerns that the public consultations happened after the agreement was signed, the project was announced and construction had started.

These totem poles are part of the play structures at the new Giver 150 playground at Mooney's Bay in Ottawa. The installation is one of 10 built at the park, with each representing a region of Canada. The totem pole design is intended to represent British Columbia. ALEX ABDELWAHAB/METRO

> **Making cartoon caricatures out of sacred symbols is in pretty poor taste.** Margie Barkley

BYWARD MARKET

Village, Ottawa sign upsets businesses

Haley Ritchie
Metro | Ottawa

Despite a rainy Victoria Day, tourists and locals were flocking to the ByWard Market's new Ottawa sign on Monday.

Fizza Rajput, 25, was visiting for the weekend with two friends from Toronto. She said the eight-foot sign — bold white-and-red letters spelling the city's name — looked familiar.

"Our sign is a little cooler because it has a maple leaf and it's in Nathan Phillips Square," she said. "But this is beautiful, it's very nice."

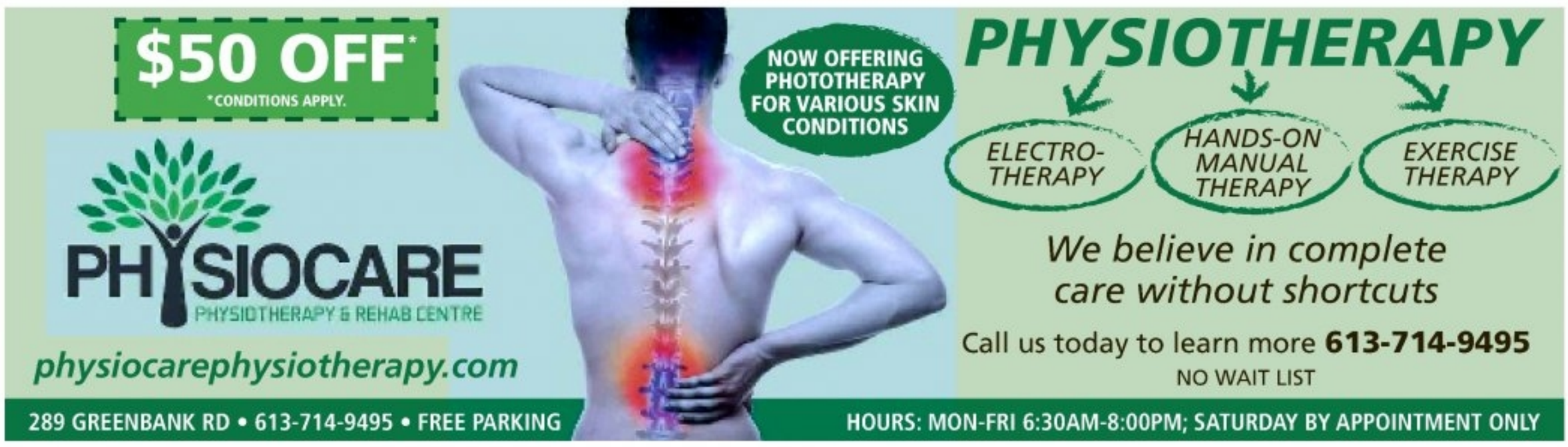
Phil Emond, from Gordon Harrison Canadian Landscape Gallery, had a different opinion on the setup.

Emond has begun a petition among retailers opposing the event because he says it's negatively impacting businesses that don't benefit from walk-by traffic.

"My clients are telling me they are unable to come because they can't find parking," he said. "I can't believe that the city allowed them to do this."

The one-block setup, from York Street between Sussex Drive and ByWard Market Square, is filled with exhibits representing the provinces and territories, Parks Canada and local groups.

Despite the complaints, Ottawa 2017 has the support of the local councillor and the ByWard Market BIA, who say the reduced parking is a good tradeoff to liven up the market.



HUDSON'S BAY STRENGTH IN STRIPES HBC FOUNDATION

HUDSON'S BAY

metro

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Prostate Cancer Canada

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At least 19 dead in concert blast

INVESTIGATION

50 injured after Ariana Grande show; singer not hurt

There were reports of explosions Monday evening at Manchester Arena in Manchester, England, where Ariana Grande had performed. GETTY IMAGES

At least 19 people were killed and about 50 were injured following an explosion Monday night at an Ariana Grande concert in northern England, police said. The singer was not injured, according to a representative.

There were few further details of what happened during the concert by the American singer, but witnesses reported hearing two loud bangs coming from near the arena's bars.

"A huge bomb-like bang went off that hugely panicked everyone and we were all trying to flee the arena," concertgoer Majid Khan, 22, told Britain's Press Association. "It was one bang and essentially everyone from the other side of the arena where the bang was heard from suddenly came running towards us as they were trying to exit."

Added Oliver Jones, 17: "The bang echoed around the foyer of the arena and people started to run."

Video from inside the arena showed concertgoers screaming as they made their way out amid a sea of pink balloons.

Police advised the public to avoid the area around the Manchester Arena, and the train station near the arena, Victoria Station, was evacuated and all trains cancelled.

Joseph Carozza, a representative from Grande's U.S. record label, said the singer is OK and they are investigating what happened.

The Dangerous Woman Tour is the third concert tour by Grande to support her third studio album, Dangerous Woman. The tour began on February 3 in Phoenix, Arizona, at the Talking Stick Resort Arena.

THE ASSOCIATED PRESS

DIGEST

Justice Abella takes aim at 'narcissistic populism'

One of Canada's top judges has made an impassioned plea to the graduating class of law students at an American university to stand against injustice fuelled by "narcissistic populism."

In a speech that took aim at the actions and words of the sitting American president, Supreme Court Justice Rosalie Abella did not once utter the name of U.S. President Donald Trump.

THE ASSOCIATED PRESS

Flynn invokes Fifth Amendment

President Donald Trump's former national security adviser, Michael Flynn, invoked his Fifth Amendment right against self-incrimination in rebuffing a subpoena Monday in the investigation into Russia's election meddling. Then a top House Democrat cited new evidence he said appeared to show Flynn lied on a security clearance background check.

later, Rep. Elijah Cummings, senior Democrat on the House oversight committee, cited what he said were inconsistencies in Flynn's disclosures to U.S. investigators in early 2016 during his security clearance review. Cummings said Flynn appeared to have lied about the source of a $33,000 payment from Russia's state-sponsored television network, failed to identify foreign officials with whom he met and glossed over his firing as chief of the Defence Intelligence Agency during the Obama administration.

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metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

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Reframing the road

Bike Month is upon us in much of the country, the perfect time for Canada's cities to put their "bike pedal" to the metal — and shift gears to improve cycling. Unlike many of their European counterparts, Canadian city plans often relegate bikers to second-class commuters. But there's no lack of fixes to move cycling from overlooked to a celebrated (and, in turn, safer) way to move around town.

THE IDEAL BIKE PATH

How a road designed for bikes, and not just cars, might look.

'Idaho stops'
It's been 35 years since Idaho passed a law that's inspired cities elsewhere: it allows cyclists to save energy by treating stop signs as a "yield," and red lights as "stop signs" requiring a full halt before proceeding.

Floating cycle roundabouts
Pioneered in the Dutch city of Eindhoven, the space-age-looking "Hovenring" makes crossing four-or-more street intersections a breeze, keeping cyclists moving at all times by bypassing the crossroads altogether.

'Intelligent' traffic signals
Some Danish cities have special traffic lights that prioritize cyclists over motorists on busy routes. Not only do they give bikes a head-start, keeping cyclists flowing, but at peak-hours they're timed to synchronize at an average cyclists' pace, lowering the number of stops en route.

Bike skyways
As part of Copenhagen, Denmark's goal of being the most bikable city in the world it's built the "Cykelslangen," or Bicycle Snake. The raised bikes-only bridge through downtown allows cyclists to avoid traffic altogether, moving safely above the streets.

'Dutch junctions'
Common in the Netherlands but yet to seriously hit the pavement here, these "protected intersections" feature raised refuge "islands" at the four corners of intersections where cyclists can wait — in plain sight — for their turn to cross unimpeded. And they can also include raised waiting-points halfway across for cyclists to make crossings in two steps.

PUBLIC WORKS
The week in urbanism

ON THE LINE
Cycling advocates in San Francisco are putting their bodies on the line to protect one another. Twice this month, dozens of people donned yellow shirts and held hands to form a human chain to separate the bike lanes from vehicle traffic.

ACROSS THE SEA
A shipping container filled with Dutch bikes is making its way from Europe to Winnipeg to promote cycling in Canada. The Plain Bicycle project arranged to bring 140 used bikes — and their spirit — to our shores.

CITY CHAMP Metro's city builder of the week

Tom Babin is the "cyclist in chief" at Shifter, a website dedicated to urban cycling news. The Calgary-based writer and bike booster is a true Canadian two-wheel inspiration, authoring a book about winter biking called Frostbike.
@TomBabin

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metro LIFE

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Baseball coming June 1 to virtual-reality headsets, using sensors installed in all MLB stadiums

JOHANNA SCHNELLER WHAT I'M WATCHING

Why did nobody say anything?

THE SHOW: Mommy Dead and Dearest, HBO
THE MOMENT: Dee Dee's parents

So far in this harrowing documentary, we've learned that, for years, Dee Dee Blanchard, perhaps suffering Munchausen by proxy syndrome, kept her daughter Gypsy Rose ill (by force-feeding her medications) and in a wheelchair, though she could walk; and that Gypsy and a boyfriend murdered her.

We meet Claude Pitre, Dee Dee's dad, and his second wife, Laura. They sit on chairs in their house, a riot of knick-knacks. They speak in thick Cajun accents.

"Dee Dee was a filthy person," Laura says. "If it didn't go her way she'd see to it that you would pay." Dee Dee once poisoned Laura by putting Roundup in her food, they say.

Then we meet Gypsy's cousin, a tattooed biker who says: "I figured one day Dee Dee would piss off somebody" and be killed. "I thought it would probably be Gypsy."

If this has you screaming "So why didn't you help?", just wait until you hear from her legion of doctors. They all have their reasons for hurrying Gypsy along, for missing what was right in front of them. Many feel terrible regret. But no one protected this girl; that's the message director Erin Lee Carr communicates loud and clear.

True crime docs need lurid details and this one has plenty: the strangeness of Dee Dee's syndrome; the pathos of Gypsy's romantic fantasies. But the best ones show us the consequences when we fail one another. If you see something, please say something.

Mommy Dead and Dearest airs on HBO Canada from June 1 and is available on demand.

Gypsy Rose and Dee Dee Blanchard, the subjects of harrowing documentary Mommy Dead and Dearest. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BILL COSBY TRIAL

Race, gender, fame all Cosby jury issues

One-third of the potential jurors questioned in Bill Cosby's sex assault case Monday said they've formed opinions about his guilt or innocence, and 35 of the 100 people questioned said they or a family member or close friend has been the victim of a sexual assault.

Jurors are being selected this week in Pittsburgh for the trial that begins June 5.

The judge hopes to shield jurors from the worldwide publicity of the case, but initial questioning Monday suggested it may take some time to find an unbiased jury.

"No one should make an effort to be on this jury, and no one should make an effort to not be on this jury," judge Steven T. O'Neill told the group.

The trial will take place in Norristown in Montgomery County, where Cosby invited Andrea Constand to his home in 2004. She said she went seeking career advice, and that Cosby gave her wine and pills that put her in a stupor before molesting her on his couch. Cosby, in sworn testimony, said he put his hand down her pants, but that she did not protest.

The judge plans to bring 100 potential jurors to the courthouse each day this week until a dozen jurors and six alternates are found. The first group included 53 women and 47 men, and 16 people of colour.

In answering questions, 34 said they had formed an opinion about Cosby's guilt or innocence; 25 said they would have trouble being fair because of the nature of the charges; and 14 said they had a preconceived notion that would prevent them from deciding the case fairly.

THE ASSOCIATED PRESS

Legal Notice

Were you an inpatient who resided at CPRI in London Ontario between 1963 and 2011?

A Lawsuit May Affect You. Please Read this Carefully.

You could be affected by a class action lawsuit involving the Child and Parent Resource Institute, formerly known as the Children's Psychiatric Research Institute ("CPRI"), which is located in London Ontario.

What is this case about?

The lawsuit says Ontario failed to properly care for and protect people who lived at CPRI. The lawsuit says inpatients of CPRI were emotionally, physically, and psychologically traumatized by their experiences at CPRI. Ontario denies these claims. The Court has not decided whether the Class or Ontario is right. The lawyers for the Class will have to prove their claims in Court.

Are you included?

You are included in this lawsuit if:

- you were an inpatient who stayed overnight at CPRI, between September 1, 1963 and July 1, 2011, except for any time when you were in the Glenhurst or Pratten 1 wards; and
- to be included in the lawsuit, a former inpatient must have been alive as of February 22, 2014.

Who represents the class?

The Court has appointed Koskie Minsky LLP to represent the Class as "Class Counsel". You don't have to pay Class Counsel, or anyone else, to participate. Instead, if Class Counsel achieves money or benefits for the Class, they will ask for lawyers' fees and costs, which would be deducted from any money obtained, or to be paid by Ontario. You may hire your own lawyer, but you may have to pay that lawyer.

What are your options?

At this stage of the case you have a choice whether you want to stay in the case or get out of it.

Stay in: To stay in the Class, you do not have to do anything. If money or benefits are obtained, you will be notified about how to ask for a share. You will be legally bound by all orders and judgments, and you will not be able to sue Ontario about the legal claims in this case.

Staying in the Class will not impact the support services you receive which are funded by Ontario.

Get out of the Class: If you want to keep your rights to sue individually over the claims in this case or do not wish to be part of this Class you need to remove yourself. If you remove yourself, you cannot get money or benefits from this lawsuit if any are awarded. To ask to be removed, send a letter to the address below, postmarked no later than **October 20, 2017,** that says you want to be removed from *Templin v. HMQ,* and include your name, address and telephone number on the letter or send an E-mail to CPRI@crawco.ca including your name, address and telephone number. You can also get an Opt Out Form at www.ClassactionCpri.ca. You must mail your removal request or Opt Out Form postmarked no later than **October 20, 2017,** to: CPRI Class Action Administrator, c/o Crawford & Company Inc., 3-505 Weber St. N., Waterloo ON N2J 3G9, or send a written removal request by email at: CPRI@crawco.ca, which must be received no later than **October 20, 2017.**

How can I get more information?

Go to www.ClassactionCpri.ca, call toll-free 1-866-640-9989 (TTY: 1-877-627-7027) or write to CPRI Class Action Administrator, c/o Crawford & Company Inc., 3-505 Weber St. N., Waterloo ON N2J 3G9, or by email at: CPRI@crawco.ca.

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3 ways to pay off your home faster

ISTOCK

MORTGAGES

Its likely the largest debt of your life, so make it easier

Gail Vaz-Oxlade
For Metro Canada

In these days of record-high housing prices, your mortgage is likely the single largest debt you'll ever take on. And if you take a mortgage for $300,000 at an average rate of five per cent and pay it off over 35 years, you'll end up paying $331,789.91 in interest. Wow!

There are three easy ways to significantly reduce the amount of interest you end up paying and the time it takes to get to mortgage-free.

First, choose an accelerated payment frequency.

Most mortgages come with a vanilla-flavoured monthly payment. If you want to speed things along, choose the mocha version: an accelerated weekly payment. Using this option, you'll end up making one extra payment directly against your mortgage each year. One extra payment? What's the big deal? The big deal is that'll save you $70,003.63 in interest. That's gotta be worth the extra 30 bucks or so each week, dontcha think?

Second, shorten your amortization.

The shorter your amortization, the more you have to come up with for each payment, but the less you'll pay in interest overall. If you shorten a 35-year amortization to 30 years, you'll save $55,430.90 in interest. Go with a 25-year amortization and save $108,345.42. But that'll mean higher monthly (or accelerated weekly) payments. If you can't swing the higher monthly payments every month? Then…

Third, make a principal prepayment on your mortgage.

Most mortgages come with the flexibility to make an annual prepayment. It usually runs between 10 and 20 per cent of the original mortgage amount. So on a $300,000 mortgage you could make somewhere between $30,000 and $60,000 principal pre-payment, assuming you could come up with the money.

Getting a bonus or a raise? Inherited some money? Now you know what to do!

But you don't have to come up with a huge amount for the principal prepayment to work for you. You know that RRSP contribution you made that resulted in the $3,200 tax refund? Slap that sucker against your mortgage each year and you'll save $112,348.58 in interest on that 35-year mortgage.

The next time you "save" money on anything you buy, put the money you saved in a jar. When you get to $25, deposit it to a high-interest savings account. Then, when you're closing in on your mortgage anniversary, make a prepayment.

By the way, when your mortgage comes up for renewal, that's the perfect time to slap some extra money against your principal and save in the long run. While you're at it, consider rounding up your payment from the weird $1,473.82 to a nice, even $1,480 or even $1,500.

The Financial Consumer Agency of Canada has a mortgage calculator tool you can use to run your own scenarios to see just how much you can save on your mortgage.

PLAID FOR DAD metro focus on prostate cancer

That fight was finally over

Megan Skead, 25, lives in Edmonton. Her father died of prostate cancer.

"The mourning process pretty much started the day that he was diagnosed. And then it was almost a relief when he passed away, because the amount of pain that he was in, and that struggle and that fight, was finally over for him. I guess the biggest thing that changed since that was just, you know, you don't take life as much for granted. And I'm very thankful for the family that I do have still, because they are the rock in my life. So, it definitely made me a lot more appreciative of the relationships that I have, and not to squander those or let them just pass by. Because you really don't know how long you may or may not have."

21,600

in 2016, an estimated 21,600 Canadian men were diagnosed with prostate cancer.
Source: Canadian Cancer Society, 2016

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father's Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

Only the best barley for these brews

BREWING

Craft beer goes old school with heritage crop

Owen Roberts
Urban Cowboy

Ontario craft beer is taking a huge step forward, by taking a 100-year step backward.

Here, a storied, century-old Canadian heritage barley variety called OAC 21 is being reintroduced, especially for the craft beer market.

OAC stands for Ontario Agricultural College. The number 21 refers to this barley's row number in the research plot cultivated in 1903 at Guelph by Canadian crop breeding icon Dr. Charles Zavitz.

OAC 21 is ideal for small, specialized batches of craft beer, and for Ontario's particularly humid climate that roughs up cereal crops like barley.

"This is the first step toward revitalizing and re-establishing a viable malting barley production and processing industry in Ontario and Eastern Canada," says University of Guelph plant breeder Duane Falk, who has been pivotal to OAC 21's reintroduction.

Here's what's happening: as competition heats up, craft beer breweries are working harder to distinguish themselves and their products. Beer names have become clever and hip (see poll). And truly local ingredients — water, yeast, hops, and malted barley — are in high demand.

Brewers get even more excited about ingredients from heritage varieties. These are heirloom cultivars that faded into the sunset, usually because plant breeders like Falk developed better varieties (Falk himself has developed 51 different varieties).

OAC 21 was once the industry standard malting barley. SIAN RICHARDS/FOR METRO

FARM *poll*

Take our poll
Craft beers must have a catchy name. Tell us what your favourite is at **metronews.ca**

But back in the day, these varieties had something unique that made them stand out.

For example, as plant breeder Zavitz discovered in the early 1900s, OAC 21 was more resistant than other barleys to nasty leaf and root diseases like powdery mildew, leaf rust, net blotch, spot blotch, and root rot.

These qualities allowed it to produce better-quality grain than other barleys in its day.

So, Zavitz selected it for further development. And after considerable testing, OAC 21 was made available to farmers in 1910.

It turns out Zavitz picked a winner. Within two years, 98 per cent of Ontario farmers were growing it.

For the next 40 years, OAC 21 became the industry standard across Canada for barley used for beer production, called malting barley.

Eventually, time caught up with it, like it does with many plant varieties (they typically have a lifespan of about 10 years).

The country's population and beer intake was growing, and more productive varieties were needed to satisfy beer giants' increasing need for volume.

Now, fast-forward to 2017. Today's craft beer brewers aren't giants, and don't have the same needs for volume.

Their relatively small batches use only a fraction of the barley used by big companies.

As a result, they are quite happy with lower-yielding malting barley that grows well here and resists diseases.

STANDING OUT
Breweries like Muddy York Brewing Co. are all about heritage. The company's tag line is "taste the past"

Even better if it's a heritage variety, like OAC 21.

This spring, a field of OAC 21 is being grown in dry, warm, and sunny Alberta. That acreage is expected to provide brewers with enough OAC 21 malt to meet much of the demand in Ontario next year.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

Duane Falk (right), accompanied by Muddy York Brewing Co. founder Jeff Manol.
SIAN RICHARDS/FOR METRO

THE FUTURE *of* FARMING

Nature's wet blanket
Humidity creates conditions in grain like barley that are ideal for plant fungus, molds, mildews, and bacterial infections. Think about what happens in your home if humidity builds up. Stubborn fungus and mould take hold. Because of the Great Lakes, farmers' fields in Ontario are subject to similar problems.

Craft beer is everywhere
Ontario now has a whopping 180 craft beer breweries. Another 50 are in the works. Thirty brew pubs have opened. In recent years, craft beer has been the fastest-growing segment within the LCBO's beer category, up 20–30 per cent a year. The annual economic impact in Ontario of the craft beer sector is at least $600 million.

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A healthy body from head to toe

FEMALE FITNESS

Your vagina needs an exercise routine, too

Izabela Szydlo

When it comes to vaginal and vulva health, lifestyle, diet and exercise go a long way to ensuring everything in order, says one health expert.

"It is all about a good lifestyle and preventing sexually transmitted diseases," says obstetrician and gynecologist Dr. Elaine Jolly, medical director and founder of the women's health centre at the Ottawa Hospital. "For example, in regards to diet, you want to keep sugar levels low because sugar can cause yeast to overgrow, resulting in yeast infections. Or, when it comes to lifestyle, getting regular pap tests is essential."

Just like the rest of the body, women need to exercise their vagina. Doing Kegels helps to strengthen the pelvic floor muscles. ISTOCK

On a daily basis for optimal vulva health, Jolly, who is also a professor at the University of Ottawa, recommends sticking to basics such as breathable cotton underwear and unscented soap, and taking the time to understand when something is an issue versus when nature is taking its course.

> **Getting regular pap tests is essential.**
> Dr. Elaine Jolly

"Something like discharge is only a concern when it is yellow or green and is associated with itching and irritation," Jolly explains. "Having said that, white discharge, which is normal, dries yellowish so that is important to remember."

And, just like the rest of the body, the vagina requires an exercise routine in the form of Kegel, which strengthen the pelvic floor muscles that control urine flow and help hold the pelvic organs in place.

"Women should do 40 to 60 Kegel, daily, simply by clenching her pelvic muscles. It's very easy to do," says Jolly.

What surveys don't tell you

Over the course of her life, a woman will encounter health issues that are unique to women, the factors that influence her health will vary and she will sort through a vast amount of information on everything from fitness and nutrition to mental and sexual health.

And while in a 2013-14 Canadian Community Health Survey, 59 per cent of females aged 12 or older living in households self-rated their overall health as very good or excellent, when it comes the complete health picture, various reports tell a different story. For example, the Mental Health Commission of Canada reports women are more likely than men to experience anxiety and depression and, according to the Canadian Women's Health Network, in Canada today, between 80 and 90 per cent of women and girls are unhappy with the way they look.

Taking a holistic approach to health is essential to ensuring you are at your best.

-IZABELA SZYDLO

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Reduce stress with mindfulness

WORKING WOMEN

Learn to better deal with daily demands to prevent mental health issues

Izabela Szydlo

Mindfulness is a way to handle stressful situations. ISTOCK

Since 1950 the amount of women participating in the Canadian labour market has increased drastically from about 21 per cent to 82 per cent, reports a 2015 Labour Force Survey by Statistics Canada. And working women encounter unique stress factors that, says one psychologist, can be reduced using a technique called mindfulness.

"I think a lot of times women are trained to be highly attuned to others, accept what is expected of them and deliver without thought of the cost," says Dr. Kimberly Sogge, a registered doctoral trained psychologist and owner of Sogge and Associates, which provides patient-centred psychological services for health and performance. "At certain levels of challenge that leads to emotional and mental depletion and breakdown."

With Buddhist roots, mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training. In psychology, it is most often associated with Jon Kabat-Zinn, who, in 1979, adapted the teachings on mindfulness and developed the Stress Reduction and Relaxation program at the University of Massachusetts Medical School. He then founded the Center for Mindfulness in Medicine, Health Care, and Society at the University.

> **"(We need to) look at creating time for ourselves as an act of generosity to others.**
> Dr. Kimberly Sogge

Among Sogge's services are classes that deal with mindfulness-based stress reduction. She says the practice can be employed in a range of stressful work scenarios, such as your boss asking you to do something with 10 minutes left in your day.

"In a situation like this, mindfulness helps you connect with the present moment, be aware that it is the end of the day and how your mind interprets that, and notice the patterns that arise in the body," Sogge says. "Essentially, mindfulness teaches the spaciousness needed to select the best resources in ourselves, reducing the stress."

While the basics of mindfulness can be learned through apps and online readings, Sogge suggests finding a teacher because, she says, after an introduction, a person will come across barriers that may cause discouragement, preventing a deeper level of the practice and its benefits.

Additionally, she says, women who encounter work stress must become fearless with their personal time to prevent mental health issues.

"I commonly hear, 'I have too many demands from others to take time for myself,'" she says. "We need to turn that on its head and look at creating time for ourselves as an act of generosity to others — and be unapologetic about it."

Stop Dancing Around The Issue

Frequent and overwhelming urges to pee are not a normal part of aging.

Make an appointment with your doctor about treatment options, including a once a day oral medication that can help.

The place to celebrate

CONTRIBUTED

CANADA 150 CELEBRATION

Jen Traplin

Check out some of the major Ottawa 2017 Signature Events happening in the Capital this summer:

Kontinuum: Kicking things off at the end of June is Kontinuum, an immersive multimedia production inside the future Lyon Light Rail Transit (LRT) station. This innovative and artistic experience features out-of-this-world lighting, video and sound and will run from 10 a.m. to 10 p.m. until the beginning of September, free of charge.

The entire experience will take between 35 minutes and 45 minutes with groups of approximately 70 people entering at once. Tickets are free but you will have to reserve a time slot in advance. Tickets will be available through Ticketmaster at the end of this month.

Sky Lounge: Dine in the sky at Sky Lounge, July 7 through 22. This once in a lifetime opportunity will see foodies enjoy local cuisine 150 feet in the air above Ottawa City Hall.

Sky Lounge will offer two different culinary experiences — a 20-minute cocktail party or a full gourmet dinner — both showcasing great Canadian and locally sourced food products. Each experience will be prepared and served high in the sky by the chefs at Feast + Revel at Andaz.

Tickets for the cocktail experience are $150 while the cost of the gourmet dinner is $250 per person. The full menu for each experience is available on the Ottawa 2017 website.

La Machine: Finally, from July 27 through 30, La Machine takes over the streets of downtown Ottawa with its larger than life moving machines. Making its debut in North America, La Machine's travelling urban theatre will see a 12-metre tall horse/dragon hybrid battle it out with a giant spider in the ByWard Market, through LeBreton Flats, along Wellington Street and at Ottawa City Hall.

MORE INFO

To purchase tickets for Sky Lounge or for more information on these and other Ottawa 2017 events, visit ottawa2017.ca.

INSPIRATION VILLAGE OFFICIALLY OPEN

After weeks of anticipation, especially with the arrival of the giant OTTAWA sign in the ByWard Market, Inspiration Village is now officially open.

From now until Sept. 4, the space between ByWard Market Square and Sussex on York Street has been turned into a public piazza.

"We wanted to transform one of the most picturesque, spectacular spots in the city into a public gathering space during the peak of the season for 2017," says Guy Laflamme, Ottawa 2017 executive director.

Inspiration Village includes 41 artistically modified shipping containers that make up exhibits showcasing each province and territory in Canada, as well as displays by Parks Canada, the World Wildlife Fund (WWF), the RCMP and Carleton University, among others.

Laflamme says Inspiration Village will be a cultural hub of activities this summer.

"Not only will we have those visual exhibits for people to learn about the culture, geography and traditions from all parts of the country, but this is also where we will have performing arts — dance, music and guest speakers," he explains.

Among the many activities, visitors will be able to enjoy culinary demonstrations showcasing food from across the country, dress-up in Canadian-themed costumes at the Inspiration Village Photo Booth and take a guided virtual tour of Parks Canada parks.

JEN TRAPLIN

ACTIVITIES

While people will be able to enjoy Inspiration Village 24/7, programming will only take place daily from noon until 8 p.m. (10 p.m. on Canada Day) with exhibits, demonstrations and performances.

An updated list of activities and daily performances on the main stage will be posted on ottawa2017.ca.

Inspiration Village includes artistically modified shipping containers that make up exhibits showcasing each province and territory in Canada. CONTRIBUTED

OTTAWA HOST 150

Millions of visitors are expected to arrive here in the Capital to celebrate Canada's 150th and the official Ottawa 2017 team is hoping everyone in town can pitch in to help roll out the red carpet.

They've created Ottawa Host 150, an online training program based on a similar model employed by the city of Indianapolis when they hosted the Super Bowl in 2012 to teach residents additional customer service skills to welcome visitors and spectators for the big game.

"In the same spirit we developed, with La Cité collégiale and Algonquin College, this online training tool for residents, volunteers and businesses," says Ottawa 2017 executive director Guy Laflamme.

As a resident, you can take a roughly 30-minute training program to become a certified Ottawa Host 150 — learning information on big events in the city, how to be a good host and how to help a lost tourist. There are additional programs for frontline staff working in the hospitality sector.

Free pageantry kits that include stickers, window decals, buttons, flags, lawn signs and more are also available through ottawa2017.ca for both individuals and local businesses.

JEN TRAPLIN

Dine in the sky at Sky Lounge. CONTRIBUTED

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

2017 CIBC OTTAWA

CELEBRATING 150 YEARS
CÉLÉBRONS NOS 150 ANS

CANADA'S BIG YEAR IS HAPPENING HERE!

LA MACHINE

July 27 – 30

You'll have to see it to believe it: a giant mechanical fire-breathing dragon and a spider will roam the streets of the Capital! Making its debut in North America, La Machine will captivate the public with its travelling urban theatre in the streets of downtown Ottawa. **Free**

INSPIRATION VILLAGE

Now until September 4

This aesthetic, artistic installation of sea containers will be transformed into an ephemeral entertainment locale featuring **FREE** special exhibits and performing arts events showcasing Canadian culture and Canada's provinces and territories all summer long.

OTTAWA WELCOMES THE WORLD

Ongoing

Embassies and high commissions mark their country's national celebration with a series of world-class free events at Lansdowne. **Free**

KONTINUUM

Summer

An immersive and mesmerizing interactive journey through time in one of Ottawa's future LRT station. Visitors descend deep underground into an anomaly in the fabric of reality where invisible frequencies take on physical dimension. Elevate your senses and awaken your imagination in this journey where two realms collide. **Free**

Canada | ONTARIO 150 | Bell

Visit our website for full list of events including festivals and museum exhibits with enhanced programming for Canada's 150th.

OTTAWA2017.CA

metro SPORTS

Indy 500 winners Dario Franchitti and Scott Dixon were robbed at gunpoint by a pair of teenage boys in a Taco Bell drive-thru in Indianapolis

Sens fight for lives vs. awakened beast

SENS VS. PENS

Murray Pam
FOR METRO

The Senators will face their most daunting test of the playoffs at Canadian Tire Centre Tuesday evening.

And it's a fairly simple one; a victory over the reigning champion Penguins allows them to play a winner-take-all Game 7 matchup to determine which team advances to the Stanley Cup final; a loss and the Senators' surreal post-season run ends.

The Senators have accomplished the former on two such occasions. Chris Phillips scored in overtime versus the Devils in 2003 to force a deciding game, while Mike Fisher tallied in double OT against the Leafs in 2004. Unfortunately, neither Senators club was able to win Game 7, but at least opportunity was generated do so.

The Senators have lost two straight to the Penguins and did the same versus the Rangers before bouncing back with two victories of their own to earn the series win.

However, in this case, the team can't afford to lose.

So how can the Senators win Game 6?

Score first. Sounds easier said than done. The fact is; whichever club has opened the scoring through the first five games has won.

The Senators have to find a way to stop what's becoming an offensive juggernaut.

After being held off the scoresheet in Game 1 and 2, Penguins Sidney Crosby has finally broken through with five points (two goals and three assists) in the past three games. Phil Kessel is on a four-game point streak and possesses a wicked shot.

Bryan Rust returned to the Penguins lineup after receiving a heavy hit from Senators blue-liner Dion Phaneuf in Game 2, and made his presence felt instantly. Coach Mike Sullivan inserted Rust on a line with Nick Bonino and Carter Rowney. The trio combined for seven points in Game 5, giving the Senators fits and adding one more line to pay attention to.

Sidney Crosby scored one of the seven goals in the Penguins' shutout of the Senators on Sunday in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

10.7

The Senators' power-play conversion rate, in per cent, during the post-season.

The Senators power play needs a goal. If the team is to be victorious, it's paramount they score with the man advantage. Guy Boucher's post-season PP unit is operating at a paltry 10.7 per cent; including not scoring in 29 attempts.

The club spends close to five and a half minutes per game on the power play and can't afford to let precious seconds tick away.

The Senators will also need to tidy up their penalty kill. They were perfect in 17 straight kills before Crosby broke the streak in Game 3. Since then, the PK has been scored upon in four out of five Penguins chances. Obviously, this is not ideal.

Netminder Craig Anderson has to shake off the past two losses and have an elite performance. Anderson can't take the blame for the Game 5 drubbing. However, he'll have to earn first-star honours to give his club an opportunity to win.

The Senators are an unhealthy lot. Derick Brassard, Cody Ceci and Erik Karlsson were all shut down after the second period Sunday.

With hairline fractures in his left heel and a possible injured ankle, Karlsson has played through pain the entire playoffs. One must wonder how much gas remains in the captain's tank. For Sens fans, they're hoping it's full.

SENATORS

'We can't be sitting in our mud puddle'

Pasted on the door of the Ottawa Senators dressing room at Canadian Tire Centre is a big picture of the Stanley Cup. But without a victory in Game 6 of the Eastern Conference final, hopes of winning it for the first time in franchise history will evaporate.

The Senators will be facing elimination on Tuesday evening, trailing 3-2 to a Pittsburgh Penguins squad that "slapped" them 7-0 on Sunday afternoon.

"We can't be sitting in our mud puddle," head coach Guy Boucher said after practice on Monday afternoon. "We've got to get up and go."

Boucher has typically kept his team off the ice on off-days during the post-season, but opted for a half-hour practice ahead of Game 6 to help his team "refresh" and "reload" after one of the worst losses in team playoff history. Players thought the practice, as well as an encouraging chat beforehand, helped wipe the slate clean.

The on-ice session didn't include captain Erik Karlsson, Derick Brassard or Cody Ceci — all of whom exited the weekend debacle early with injury — but all are expected in the lineup for Game 6. Mark Borowiecki is also a possibility to draw back in for the first time since the opening round against Boston.

If there was one lesson from the latest defeat, veteran Marc Methot believed it was staying firm on the gas as far as that tight defensive structure is concerned, "because any opportunity where there's a lapse in judgment or a mistake on the ice there's a good chance one of those top two lines will capitalize on you."

Guy Boucher
GETTY IMAGES

Similarly, Boucher doesn't think his team can stave off elimination by relying on emotion, but needs a return to the form that helped them skate by the Bruins and Rangers.

"It's about the ability to reload as fast as you can," Boucher said. "And if you can't do that then you're in the wrong business because that's what it's about."

THE CANADIAN PRESS

IN BRIEF

Donaldson, Tulowitzki both in rehab action for Jays

The injury-riddled Toronto Blue Jays may be getting back two key players soon.

Third baseman Josh Donaldson and shortstop Troy Tulowitzki were slated to play for class-A Dunedin Monday night in a rehab assignment.

Donaldson, making his first rehab appearance, had been out since April 14 with a calf injury. The game was to be the fourth rehab appearance for Tulowitzki (hamstring).

THE CANADIAN PRESS

Griezmann gives good odds of move to United

Atletico Madrid striker Antoine Griezmann has admitted he could join Manchester United in the off-season.

Griezmann told TV channel TMC that the chances of that move becoming a reality are "six" on a scale of one to 10, with 10 equating to a done deal.

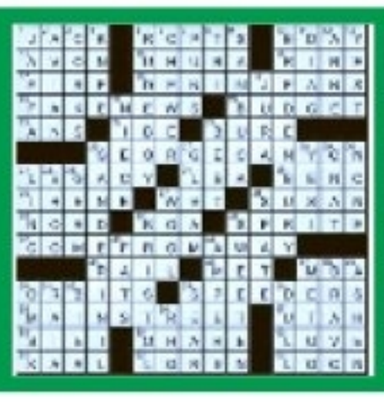
The 26-year-old Griezmann added that his professional future should be decided "within two weeks."

THE ASSOCIATED PRESS

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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3	9	4	8	6	5	7	1	2
2	6	1	9	7	4	5	3	8
8	5	7	2	3	1	9	4	6

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MAKE IT TODAY

Generous Banana and Coconut Smoothie Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you love a smoothie but miss the action of "eating" something, then a smoothie bowl with its cereal-like feel and generous toppings is where it's at for your breakfast.

Ready in 10 minutes
Prep time: 5 minutes
Makes: 2 servings

Ingredients
- 1/2 cup milk or coconut milk
- 1 cup plain Greek yogurt
- 2 frozen bananas (you know to peel them before you put them in the freezer, right?)
- 2 tsp coconut oil
- a couple scrapes of lime zest

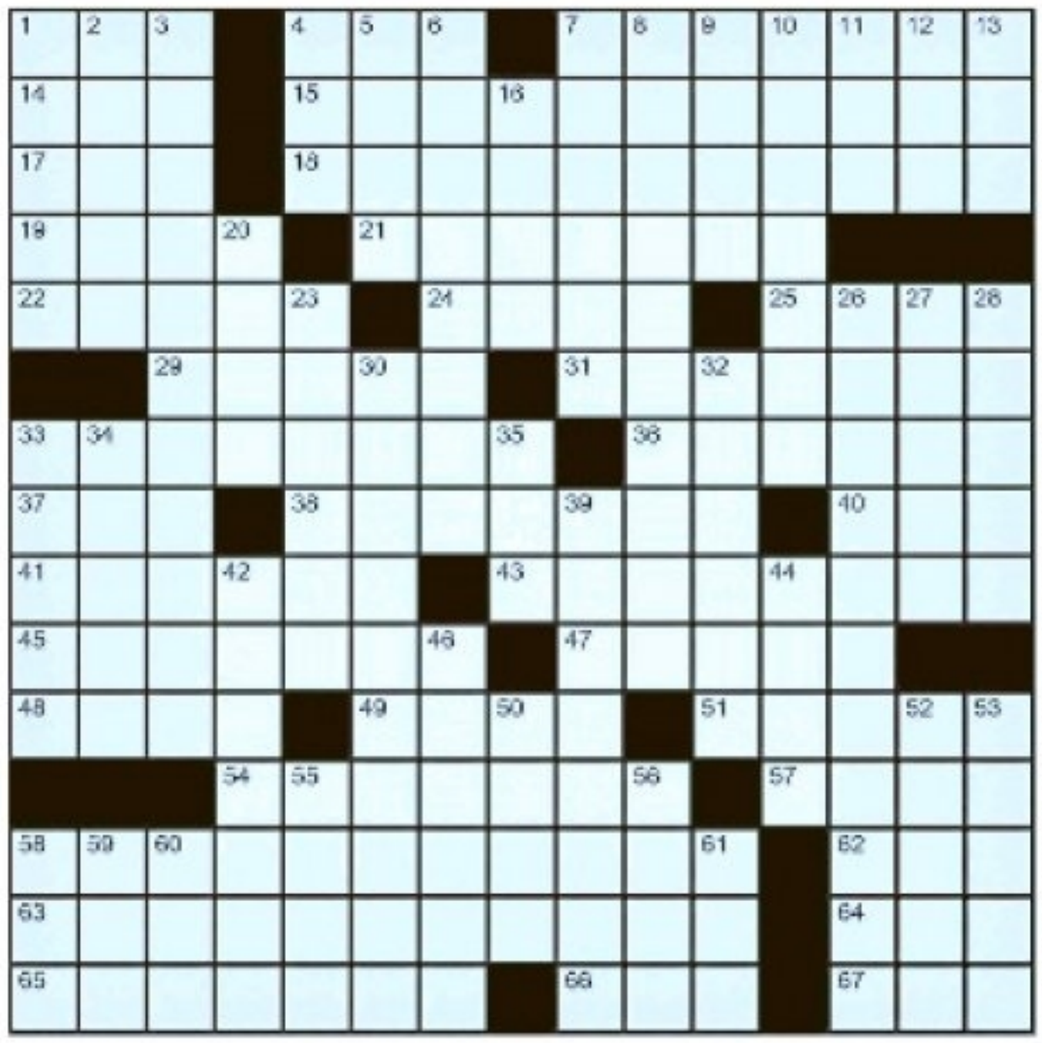
Optional toppings
Sprinkling ground chia
- Sprinkling flax seed meal
- 1 Tbsp of muesli
- 2 Tbsp pomegranate seeds
- sunflower seeds
- apple slices
- blueberries
- oats

Directions
1. Place the milk, yogurt, bananas and coconut oil and lime zest in a blender. Whiz until smooth. Pour into a bowl and sprinkle with your favourite toppings. Serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Summer hrs. in Alberta
4. RKO competitor
7. Anne Shirley's sweetheart Mr. Blythe
14. Bungle
15. Where Hogwarts students go to buy supplies: 2 wds.
17. King: French
18. Transmitter of #33-Across: acr. + wd. + wd.
19. "Fame" character
21. 'Anti', 'Pre' and 'Pro' suffixes
22. Matinee stars
24. Ladies
25. Ancient promenade
29. Mikhail Gorbachev's late wife
31. Those saying "Ditto."
33. As per #18-Across... Randy Bachman's __ __ (The Canadian rock star's superb songs-spinning show)
36. Outfit the boat with a new sail-support
37. Beverage brrrr-er
38. Dis-occupied the premises
40. "Help __ __ think I'm falling..." - Joni Mitchell
41. Fashion designer Pierre
43. Michelle Pfeiffer's DC Comics movie role
45. Green
47. Ms. Knightley
48. Jon of NBC's "Chicago P.D."
49. Informality
51. Astonished sounds
54. Fox's characteristic
57. Hightail it
58. The __ __: The Quest for the North West Passage and the North Pole, 1818 - 1909 (Pierre Berton book)
62. It means 'Ear'
63. Khao Man Kai and Chim Chum are dishes in it: 2 wds.
64. Baking amt.
65. Notion
66. Belonging to Minneapolis' li'l state
67. Princesses Beatrice and Eugenie's mum's initials-sharers

DOWN
1. "__ beaucoup!"
2. Dickensian character Edwin
3. Like a Vicks cough drop's shape
4. Gladiator's 1600
5. Bee Gees surname
6. Canadian fiddler Ashley
7. Beard style
8. Not divisible
9. Secular
10. Flower
11. Bitty Brit band
12. Stimpy's pal
13. Nautical rope
16. David of "Rhoda"
20. Oil of __
23. Nissan car model
26. Sports in Canada... Harvey the Hound and Leo the Lion: 2 wds.
27. By land __ __ (Explorer's travel options)
28. John of "The Addams Family"
30. 2017 marks this coveted trophy's 125th anniversary: 2 wds.
32. Owl for Harry Potter
33. Smoking and gambling, for some
34. 'Veni' meaning in Julius Caesar's boast: 2 wds.
35. __-Man
39. Prepares to release the arrow: 2 wds.
42. Radical, as measures
44. Komodo dragons
46. "Darn!": 2 wds.
50. Li'l religious addresses
52. Fall guy
53. Ceases
55. Particular parasites
56. __ Fein (Irish republican party)
58. Airport tower [acronym]
59. Pi's follower
60. Tin
61. Abitibi article

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a busy, fast-paced time for you, which is why all your communications with others are in rapid staccato delivery. This is a good day to shop for wardrobe items.

Taurus April 21 - May 21
The Moon is in your sign today, lining up with chatty Mercury. This makes you talkative and eager to begin things. Any new venture will appeal to you.

Gemini May 22 - June 21
This is a vigorous time for you, with the Sun and Mars in your sign. Ideally, you should get more physical exercise to blow off any pent-up steam.

Cancer June 22 - July 23
A discussion with a female acquaintance or friend will be significant today. It appears as though someone wants your creative input or advice about something.

Leo July 24 - Aug. 23
Others might notice you today; it's quite likely because you have something to say. You might make an announcement or even be elected to head a group or club.

Virgo Aug. 24 - Sept. 23
Because you hunger for change and stimulation today, try to do something different. Travel, if possible. Visit someplace you've never been before — a store, restaurant or neighborhood.

Libra Sept. 24 - Oct. 23
Discussions about shared property, taxes, debt and anything that you own jointly with others will be significant today. Fortunately, with Venus opposite your sign, relationships with others are smooth.

Scorpio Oct. 24 - Nov. 22
This is a chatty day! Quite likely, you will attract someone who has a lot to say. Disputes about shared property and inheritances continue.

Sagittarius Nov. 23 - Dec. 21
Remember to get more sleep during this time, because you need it. Today you will focus on doing anything that makes you feel better organized. This includes dealing with a pet.

Capricorn Dec. 22 - Jan. 20
You're in a playful, prankish mood today, even though work still is your top priority. Take a long lunch. Enjoy sports and playful activities with children.

Aquarius Jan. 21 - Feb. 19
A discussion with a family member might be important today. This is a good time to focus on home repairs or discussing family plans.

Pisces
Feb. 20 - March 20
During discussions with others today, you want to get right down to the nittygritty. You won't be interested in superficial chitchat.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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1								5

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HARMONY
BARRHAVEN

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